

# Put Life Back In Your Life



I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn't do. Participating in a Living a Healthy Life with Chronic Conditions workshop put me back in charge. Now I have the energy to do the things that matter. I've put life back in my life.

Living a Healthy Life with Chronic Conditions workshops are being held in your area.



**For more information, contact:**

**Living a Healthy Life**  
With Chronic Conditions

